

Not Alone

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Reet (UK) - January 2008
音樂: You Are Not Alone - Eagles : (Album: Long Road Out Of Eden)



Start on vocals - 16 count intro.

L TWINKLE, R TWINKLE- L OVER. RONDE R, FWD 1/4 TURN L, ROCK FWD ON R, L LOCK BK

- 1 & 2 cross L. over R. 2 small steps to side on R & L.
- 3 & 4 cross R. over L. 2 small steps to side on L. & R.
- 5-6 cross L. over R. sweep R. round front making a ¼ turn L. rock fwd. on R.
- 7 & 8 step back on L. close R over front of L. step back on L.

R SAILOR 1/2 TURN R, 1/4 TURN R, and CHASSE L SWAY R & L using body

- 1 & 2 make ½ turn R. on R.L.R. (on the spot)
- 3 & 4 make ¼ turn R. with side on L. close R. to L. step side on L (chasse)
- 5 & 6 sway onto R. (turn body slightly R.) sway onto L. (turn body slightly L.)
- 7 & 8 sway R. making ¼ turn R. with R. shuffle fwd.

ROCK FWD on L. Rec. 1/4 L. ONTO L.- ROCK FWD. on R. Rec. 1/2 TURN R ONTO R, STEP FWD. ON L, 1/4 TURN R ONTO R. `and` (onto L), SWAY R & L

- 1 & 2 rock fwd. on L. recover bk. on R. make ¼ turn L. onto L.
- 3 & 4 rock fwd. on R. recover bk. on L. make ½ turn R. onto R.
- 5-6 step fwd. on L. make ¼ turn R. weight onto R.
- 7 & 8 bring L. quickly next to R. and sway R. & L.

R LOCK BK, L LOCK BK, Full triple turn R on the spot - Mambo fwd on L, Rec. Point L, to L, SIDE

- 1 & 2 step bk. on R. close L. over front of R. step bk. on R.
- 3 & 4 step bk. on L. close R. over front of L. step bk. on L.
- 5 & 6 full turn over R. on R.L.R. (on the spot)
- 7 & 8 rock fwd. on L. recover bk. onto R. point L. to L. side

Begin again.

TAG:

- 1 & 2 -3-4 L. Cross shuffle Rec. Bk. on R. step side on L.
- 5 & 6- 7-8 R. Cross shuffle. Make ½ turn R. (hinge) on L.R.
- 9-16 Repeat above steps again..

Sequence: Dance x 2 Tag end of wall 2 (6 o'clock)

Dance x 1 Tag end of wall 3 (9 o'clock)

Dance x 1 Finish front wall (12 o'clock)